

Annual Report of Physical Education

By Vijayan M.G. (Asst. Prof. In Physical Education)

According to National Plan of Physical Education and Recreation. "**The aim of Physical Education must**, be to make every student physically, mentally and emotionally fit and also to develop in him such personal and social qualities as will help him to live happily with others and build him up as a good citizen." We arrange lab and make classes on this basis.

A well-equipped Physical Education Lab with all sports, health and for yoga- meditation items is the proud of this institution.

As part of the B.Ed. curriculum we conduct **annual Sports meet** on 10th March 2017 venue at college ground. The students of 2016-2018 batch was participated in the competitions. Various competitions were conducted. Athletics and various games were conducted for the students. The annual Sports Meet was inaugurated by **Prof. Shanavas** (Rtd. Physical Director, Govt. Medical College, Alappuzha). Competitions were conducted by House wise. We gave medals and certificates for the winners.



Regular assembly and thought for the week also conducted. We form **sports club and health club** and conduct various awareness classes. Regular **yoga** classes were conducted.

Besides to the fundamental knowledge in health and yoga students acquired in-depth knowledge by interacting with veterans in each realm. A lecture and demonstrative class of Yoga practitioner **Gopinathan** class arranged on 21-06-2017 (**International Yoga Day**).

